



Alice

IN THE
WONDERLAND;
FUN AND EASY
PICNIC RECIPES

by
RONNY
EMERSON

THE BEST SUMMER COOKBOOK
FOR YOUR WONDER VACATION

Alice in The Wonderland; Fun and Easy Picnic Recipes

The Best Summer Cookbook for Your Wonder Vacation

By: Ronny Emerson

Copyright© 2021- Ronny Emerson



Copyright Notes

This publication or any part of its contents may not be published, copied, distributed, or printed without authorization by the author. This book is protected by copyright law. All rights to this publication are reserved by the author. The author reiterates that this book contains carefully researched content to inform its readers but won't be held accountable for its misinterpretation resulting in any damages.



Join Our Mailing List!

Here is a little something from me to you. I've been giddy with delight all day, seeing how you have all been downloading my book. It's not just about authors, but anyone who dedicates so much to something will always be happy with positive responses. As my way of saying thank you for accepting this part of me, I'm giving you access to exclusive deals on the latest releases and your favorite books. Discounts and giveaways sound like a good deal, right? You can claim yours by filling in your details in the subscription box below. I'll be sending only relevant notifications for sure.

A dark purple rectangular graphic with white text and colorful paper airplane illustrations. The text reads "Subscribe to our newsletter". Below it is a white input field with the placeholder text "Your Email" and an orange button with a white right-pointing arrow. To the right of the text are two paper airplanes, one blue and one orange, with dashed lines indicating their flight paths.

Subscribe
to our
newsletter

Your Email 

<https://ronny.subscribemenow.com/>



Table of Contents

[Introduction](#)

[Fun reasons for picnicking with your kids](#)

[Quiche fantasy](#)

[Layered salad and hummus jar](#)

[No-bake chocolatey Maltesers](#)

[Just-like-watermelon “doughnuts”](#)

[Fruity cream cone](#)

[Chivy muffin cups](#)

[Fruity gummy bears](#)

[Easy Vege-pitta purse](#)

[Avo-peanut cookies](#)

[Banana-berries smoothie](#)

[Chef sous picnic egg.pies](#)

[For the Cheshire cat flapjack](#)

[Strawberry homemade ice-cream](#)

[Smart hotdog nuggets](#)

[Red roses banana ice cream](#)

[Hearty banana nutty rolls](#)

[Crochet pizzas](#)

[Cheshire ham and cheese scones](#)

[Zesty smoked mackerel fantasy](#)

[Turtle's frozen straw-lemony smoothie](#)

[Mayo-deviled eggs](#)

[Veggie-tangy chicken style](#)

[The favorite picnic pack](#)

[Fruity-waffle kebabs](#)

[Easy tuna toast sandwich](#)

[Smiley-yogy burst](#)

[Tasty soft pretzels](#)

[Racy_pasta salad](#)

[Crunchy picnic chicken breast](#)

[Beety ricotta bites](#)

[Conclusion](#)

[Author's Afterthoughts](#)

[About the Author](#)

Introduction



Having easy picnic recipes in the evergreen Alice in the wonderland would have made some tasks a lot easier for the poor adventure seeker, Alice. Falling through a rabbit hole and beginning a long afternoon of wild adventure, the reason children and adults find this classic, timeless. So, for fans of adventure, here is another exciting ride around the numerous plots of this timeless story. Plus, discovering fun and easy children's recipes and amazing recipes for your next picnic. Sounds fun? Then scroll down.

Fun reasons for picnicking with your kids

- **Family bonding gets better.** Bonding is one of the best things to happen in families because it makes love and companionship easier. How? When you spend more time with your family, you all grow fond of each other. This is why picnicking is one of the ways families get to spend time together, and bonding gets a lot better.
- **You have the chance to create good behavior.** The more time you spend eating with your kids, you can check some bad eating behavior or habits like smoking, alcoholism, and other destructive habits. Aren't you excited already?
- **Discover their talents.** Picnicking allows you time to interact with your children and find out their numerous skills and interests. It certainly feels good eating out and having fun together.
- With all these, knowing some fancy meals ahead of your next picnic will be great, right? So, allow us to begin.

Quiche fantasy



It's a cool afternoon, and two sisters are resting by the riverbank. Alice is lying on a tree branch with her cat while her elder sister reads a story she finds boring. She loudly wishes for a wonderland, a place where all creatures and objects would talk and have fun. Hmmm, seems like a wonderful plate of quiches would have driven the boredom out of Alice, and if you can prepare this simple treat for your kids, they'll love them.

Serving size: 6

Cooking time: 25 minutes

Ingredients

- 6 large eggs
- 10 cherry tomatoes, sliced

- 2 tbsp. sunflower oil or melted butter for greasing
- milk
- 100g cheddar cheese, nicely grated
- 6 hams, sliced
- 300g mixed vegetables

Instructions

Preheat oven to 200 degrees

Grease your muffin pans with oil or melted butter.

Place the ham in each muffin hole.

Pour some vegetables into each hole, topping the hams.

Place the tomatoes and cheese on each hole.

Whisk the egg with the milk, pour over the stuffed muffin holes, and bake for 25 minutes or until golden and ready.

Viola! It's ready...

Enjoy!

Layered salad and hummus jar



If only Alice grabs a jar of layered salad or a hummus along, her vitamin supply would have been great, and she would have shrunk at a snap of a finger, who knew? So, her fantasy came through when she followed a running rabbit who screamed “I’m late” and hurries into the rabbit hole. Curious Alice slides down the hole and has no choice but to drink the “drink me” juice on the table to shrink and have her way through the little door.

Serving size: 4

Prep. Time: 17 minutes

Ingredients

- 3 large carrots, grated

- 2 red peppers, finely chopped
- 120g peas, cooked and drained
- 1 English cucumber, chopped
- 200g hummus, divided
- 4 cherry tomatoes, quartered
- Zest of 1 lemon
- Juice of 1 lemon

Instructions

Prepare your dressing

Mix the lemon juice, zest, and 2 tablespoons of the hummus and leave in the refrigerator while preparing the others.

Wash and dry your jars, top with some hummus, and lay the vegetables in succession.

Sit in the refrigerator till you are ready to use it.

When ready, drizzle the dressing over the jars and serve everyone.

Have fun!

No-bake chocolatey Maltesers



What heavenly, what delight! A tasty rocky Malteser would have been fun if Alice ate some bars of the sweet energy booster instead of the labeled “eat me” cake on the table. With increased size, a pool of tears is formed from her cries. Oh, poor Alice, all she wanted was an adventurous afternoon. Well, you can have your kids help you prepare these simple rocky bites. They’ll all love it.

Serving size: 14

Prep. Time: 20 minutes

Ingredients

- 350g Maltesers. divided
- 100g butter, melted

- 150g dark chocolate
- 3 tbsp. golden syrup
- 160g mini marshmallows
- 150g milk chocolate
- 1 tsp. vanilla essence
- 180g white chocolate, melted

Instructions

Gather all the ingredients

In a medium bowl, combine the butter, milk chocolate, golden syrup, and dark chocolate.

Add 150g of the Maltesers and marshmallows.

Spread your baking sheet over a long baking pan, pour batter on it, taking care to press it onto the sheet.

Pour the melted white chocolate over the spread batter and top with the reserved Maltesers.

Sit tray in the fridge for 5 hours for the mixture to solidify.

When ready, take it out and cut it into easy-to-carry bars.

Yummy and sweet!

Just-like-watermelon “doughnuts”



Thankfully, Alice hits a fan and reduces in size. Swimming in her tears there, she meets a mouse too, as well as other animals. What would watermelon-looking doughnuts do for the swimmers? Well, it would have brightened Alice’s mood, who knew? With loads of vitamins and antioxidants, the sweetness would have helped though. You know what, the attractiveness of this snack is a fulfilling blast already, and your picnic bag should not miss this.

Serving size: makes 10 doughnuts

Cooking time: 12 minutes

Ingredients

- 160g white flour
- 1 tsp. baking powder

- ¼ tsp. cinnamon powder
- 25g butter, melted
- 200g buttermilk
- 160g caster sugar
- 2 eggs
- A pinch of salt
- 1 tsp. vanilla extract

For the decoration

- 20g chocolate chips
- 250g pink candy melts
- 3 tbsp. canola oil
- 200g green candle melts

Instructions

Preheat the oven to 200 degrees

In a large bowl, mix all the dry ingredients into a fine blend.

Stir in the wet ingredients gradually while mixing to incorporate.

Pour the mixed batter into a piping bag, grease your doughnut holes/pan with some melted butter or oil, and pipe the batter into the holes.

Slide the pan into the oven and bake for 12 minutes or till the dough rises and cooks through.

Allow cooling while you prepare the glaze.

In a small saucepan, dissolve the pink candy melts with some spoons of oil over moderate heat. Stir till it melted and spoon it over the cooled doughnuts.

Repeat the process for the pink and cover the uncovered part with it, as shown in the picture.

Cut the chocolate chips to seed sizes and place them on the pink part of the doughnuts.

Ready to be served.

Enjoy!

Fruity cream cone



With all the animals now at the bank, the next question they all ask is how to dry themselves, and the big suggestion was to run around in a circle. Just think about how fun it will be to have your kids run around in a circle. If that is done, what treat would they have after the game? If you are unsure, here is a cone of sweetness for every child. Why? To deck their health with all the vitamins, calcium, and protein in the yogurt and fruits while playing in the sun.

Serving size: 15

Prep time: 5 minutes

Ingredients

- A pack or some waffle ice cream cones

- A bowl of fresh fruits which includes, kiwis, berries, mangos, etc.
- 1 cup whipped topping or yogurt

Instructions

Cut the fruits into bite sizes

Add them into the waffle cones and top with cream or yogurt.

What a blast of deliciousness!

Enjoy!

Chivy muffin cups



After successfully frightening the animals away with tales of her cat, Alice wanders into some farm and spots the white rabbit again. This time, he mistakes her for his maidservant Maryann and asks Alice to fetch him his fan and gloves, still screaming, “I’m late.” How wonderful it would have been if he received Alice with these supreme muffins, the accident would have been avoided. So, one way to keeping falls and accidents at bay while picnicking is to bring along a box of muffins; the kids love muffins.

Serving size: 15

Cooking time: 25 minutes

Ingredients

- 300g self-rising flour
- 1 tsp. kosher salt
- 30g fresh chives, nicely chopped
- 1 ¼ tsp. baking powder

- 250g cheese, grated
- ½ tsp. cinnamon powder (optional)
- 3 large eggs, beaten
- **300ml** whole milk
- 1 tbsp. chopped spring onions
- 120ml vegetable oil
- 1 tsp. black pepper

Instructions

Gather all the ingredients and preheat the oven to 180 degrees

Grease the muffin tray with some oil and set it aside.

In a large bowl, combine the flour, salt, cinnamon, baking powder, pepper, onions, cheese, and chives to a fine mix.

Stir in the milk, eggs, and oil. Mix well to blend and spoon batter into your ready muffin cups.

Bake in the oven for 25 minutes or till mildly tanned.

Remove from the heat, leave for cooling.

Serve with love!

Fruity gummy bears



Determined to know what the white rabbit is running late for, she runs to his house to get him the duchess's gloves and fan. While there, she finds another "drink me" juice on the table and gulps it down. With the last drop in her mouth, she grows into a giant, piercing through Mr. rabbit's ceiling. Oh my! Why didn't she just grab a jar of fancy gummy bears? The scene would have been different. Now, the rabbit wants his gardener, Bill the Lizard, to help cut the giant (Alice) that destroyed his house. You already know that the children will love these candies. The good news is that you can DIY these in a jiffy.

Serving size: 6

Cooking time: 7 minutes

Ingredients

- 4 tbsp. unflavored gelatin, divided
- 1 cup Fresh blueberries
- 1 cup Berries juice
- 2 tbsp. honey or maple syrup
- 3 ½ tbsp. water

Instructions

Toss in the berries, honey, water, and juice into your mixer and work it to a fine puree.

Pour puree into a small pan and whisk in the gelatin, a tablespoon at a time.

Bring to cook over moderate heat while stirring to frequent lumps from forming. Sauté till the gelatin is dissolved, take down the heat.

With the help of an eyedropper tool, place liquid into the bear cavities and set them in the fridge for 25 minutes. Remove and serve when they are firm.

Yummy gummies!

Easy Vege-pitta purse



With the crowd of animals all gathered to gawk at giant Alice, she quickly grabs and eats a pebble cake thrown at her, and thankfully, she shrinks back to her small self. So much for following a running rabbit, but you can try your hands on this healthy pita purse option. It is super easy to make, and the kids will love them too.

Serving size: 3

Prep. Time: 5 minutes

Ingredients

- 2 whole pita bread
- 8 cherry tomatoes, halved
- 1 cup skinless cooked and shredded chicken breast

- 1 English cucumber, chopped into chunks

Instructions

In a medium bowl, mix the veggies with the chicken shreds into a fine blend.

Fold the pita bread into a wrap and spoon some fillings into the pita purses.

Serve with joy!

Avo-peanut cookies



What a frightful escape for Alice, but that is not all yet, as she meets a caterpillar sitting on a mushroom and smoking a hookah. A plate of tasty avocado-inspired cookies would have been preferred in place of the questions the caterpillar asks Alice after a hell of a day. When your kids are finally settled after hours of playing, a tasty and healthy snack like these is all their health needs, and the recipe is easy too.

Serving size: 12 cookies

Cooking time: 12 minutes

Ingredients

- 1 large egg
- Half avocado, peeled and mashed

- ½ cup honey
- ½ cup chocolate chips
- 1 cup rolled oats
- ½ tsp. cinnamon powder
- ½ cup baking powder

Instructions

In a large bowl, combine the egg, mashed avocado, and honey.

Stir in the chocolate chips, oats, cinnamon, and baking powder to make a fine blend.

Scoop into your hand and make fine flat patties.

Preheat the oven to 190 degrees.

Arrange them on a lined baking tray and bake for 12 minutes or till crusty brown.

Yummy and ready.

Serve with love!

Banana-berries smoothie



If only Alice could get a glass of smoothie, this time, she'll remember the poem the caterpillar is asking her to recite. Just when she thinks it's finally coming to an end, he tells her the magic inside the mushroom, and she bites one side of it and grows taller than normal. With some effort, she regains her actual size. Well, your children won't be growing rapidly in one day, but the healthy vitamins in a single tumbler of this is an invitation to health.

Serving size: 4

Prep. Time: 5 minutes

Ingredients

- 4 cups frozen strawberries
- 1 cup milk or vanilla yogurt
- 3 bananas, peeled

- 2 tbsp. flax seeds

Instructions

Toss all ingredients except the flax seeds into a blender and work it to fine blend.

Pour content into jars and refrigerate.

Pour into the glass and serve.

Have fun!

Chef sous picnic egg pies



After the tiring moment with the caterpillar, Alice comes upon a frog footman who has an invitation for the duchess from the fish-footman. After a brief interaction with Alice, she goes into the house. Alice wonders what they are preparing in the house that is making everyone sneeze, and she is told that it is a spicy meal. Oh no! If only the duchess's cook made some tasty egg pies with healthy protein and fiber promises, no one would be sneezing and throwing dishes.

Serving size: 5

Cooking time: 30 minutes

Ingredients

- 14 eggs
- 2 cups Sour cream
- 4 sheets puff pastry
- ½ cup Chopped chives

- 500g bacon. Slivered
- ½ tsp. kosher salt
- fresh black ground pepper

Instructions

Gather all the ingredients and preheat the oven to 190 degrees

Grease your muffin pans, cut the pastry sheet into many quarters, and stuff them into the holes in the pan.

In a small saucepan, stir in the bacon and cook over 5 minutes till tanned, drained the bacon on a clean paper towel, and set aside.

Spoon some bacon into each muffin hole.

In a medium bowl, combine the sour cream, salt, chives, and pepper to blend and spoon it over the bacon.

Split oven the eggs and pour over the sour cream mixture, and top with remaining bacon.

Bake for 20 minutes or till tanned and cooked through.

Serve with love.

Enjoy!

For the Cheshire cat flapjack



The Cheshire cat appears from nowhere and is deliberately misdirecting Alice, a mischievous cat, indeed. It seems a gift of flapjack would have made him a little kind to Alice, but he disappears without his grin, strange, Alice thinks. Well, you know that flapjacks are super go-to smart snacks for children, all thanks for the fiber and nutty feeling it leaves every time. For this recipe, you will find out how simple it is to make a tasty one.

Serving size: 14

Cooking time: 35 minutes

Ingredients

- 2 cups Rolled oats
- 250g butter

- 1 cup Brown sugar
- 160g golden syrup
- 1 tsp. kosher salt
- ½ tsp. cinnamon
- 120g milk chocolate

Instructions

Gather all the ingredients preheat the oven to 200 degrees

In a saucepan over moderate heat, melt butter, and stir in the sugar and golden syrup; turn off the heat when the sugar is completely dissolved.

Fold in the oats, cinnamon, and salt.

Mix well and pour the mixture into your paper-lined baking tray and bake in the ready oven for 20 minutes or till the edges brown and the center soft.

Remove from the heat and allow cooling before cutting into squares.

Serve with joy!

Have fun!

Strawberry homemade ice-cream



What in the world of a mad tea party? Of all the places in the world of wonder is where Alice finds herself. Instead of a cup of chilled strawberry ice cream, Alice is given riddles to unravel by March Hare, Hatter, and Dormouse. Well, riddles and stories are part of the fun in any picnic, especially when your children are with you but remember to prepare this easy homemade ice cream; the fun will be sweeter.

Serving size: 5

Cooking Time: 10 minutes

Ingredients

- 3 eggs
- 2-quart strawberries. Destemmed

- 3 cups Cream
- 1 tsp. vanilla
- 2 cups Milk
- 1 cup White sugar

Instructions

In a medium bowl, combine 1/3 cup sugar with the strawberry and set aside.

In a pan over medium heat, toss in the cream, eggs, vanilla, remaining sugar, and sauté. Stirring frequently till mixture thickens.

Fold in the strawberry mixture, turn off the heat and stand in the freezer for 6 hours before serving.

Have fun!

Smart hotdog nuggets



Can the mad tea party be over already? Alice mutters beneath her breath after getting frustrated with the endless riddles and stories from the mad tea party troopers. So much for an adventure when some hotdog nuggets were all that was needed to make the change in a golden afternoon. Alice leaves in anger when she could no longer take the insults from the creatures, but you can keep your kids happy the entire afternoon with these baby snack bites.

Serving size: 12

Cooking size: 10 minutes

Ingredients

- 1 can crescent rolls

- 7 hotdogs
- A bowl of mustard or ketchup for dipping

Instructions

Preheat the oven for 360 degrees

Slice the hotdogs in halves.

Spread the pastry sheets and press the seams down.

Cut the dough into 10 strips and cross-cut into smaller sizes again, enough to take/ wrap a hotdog piece.

Arrange the wrapped hotdog rolls in a paper-lined tray and bake for 10 minutes.

Remove from the heat, allow cooling before serving.

Luscious and divine!

Red roses banana ice cream



After storming out of the “stupid tea party” as she yells at them, Alice walks into a garden and is dazed to see live playing cards busy with painting. What are they doing? At the Queen’s demand, the living cards are painting all the white roses red. Weird, Alice thinks, and it is enough to wish that banana ice cream would have made the afternoon swell for the living cards than the tedious rose paintings. What do you think? Kids love bananas and if you are looking for a healthier ice cream option for a picnic, here is a handy and easy recipe to make in a flash.

Serving size: 4

Prep time: 5 minutes

Ingredients

- 5 bananas
- ½ cup milk
- 1 cup whipping cream
- A handful of mint leaves

Instructions

Wash and peel the bananas

Fold in all the ingredients into your blender and work it till smooth.

Pour content into a container and freeze it for 6 hours or till it hardens.

Serve with love!

Hearty banana nutty rolls



Alice finds out that the Queen of heart dislikes white roses, and shortly after, she emerges with the King of hearts. Just then, more cards file out to give obeisance to the impossible royalties, and the white rabbit comes in too. Alice should be delighted or, let's say, relieved at seeing the rabbit that she stalked her way to this trouble. While it looks like there will be more challenges for Alice, try your hands on this simple and luscious nutty banana burst, it promises a delight with every bite.

Serving size: 4

Prep. Time: 5 minutes

Ingredients

- 4 whole tortillas

- 3 bananas, peeled and boldly sliced
- 1 cup creamy peanut butter
- 4 tbsp. maple syrup or honey
- ½ cup Granola
- ¼ cup chocolate chips

Instructions

Lay the tortillas on a platter.

Spread the butter over the tortillas.

Drizzle the maple syrup over the peanut butter, followed by the granola and chocolate chips.

Top with the banana slices and roll it into a wrap.

Slice in the middle and serve.

Enjoy!

Crochet pizzas



Just when Alice thought she is will be finding help, the queen orders her to a crochet game where live flamingos are used as mallets by her and her subjects. Hardly had they begun the game when chaos happens, and the queen is heard yelling “off her head,” her favorite dismissing phrase to any erring subject when provoked. What a stormy moment, but you can enjoy the afternoon with some golden rolls of fiber and promises of healthiness in every munch.

Serving size: 12

Cooking time: 30 minutes

Ingredients

- 200g white flour
- 35g cheddar cheese, grated
- 80g olive spread

- 1 large egg, beaten
- 2 tbsp. tomato paste

Instructions

Gather all the ingredients.

In a big bowl, combine the flour and olive spread. Rub with your fingers till it gives the look of fine bread crumbs.

Fold in 4tbsp of cold water and mix it with a wooden ladle till it takes form.

Wrap the plastic with the dough with a Clingfilm and stand it in the refrigerator for 40 minutes.

Remove the dough after the time elapses, sprinkle some flour on your working surface.

Preheat the oven to 200 degrees.

Roll out the pastry on the surface, spread the tomato paste, followed with the cheese, and roll the filled pastry into a cylindrical piece.

Use a knife or cutter to cut it into smaller rolls and arrange them on a paper-lined baking tray.

Paint the rolls with the beaten egg and bake in the oven for 15 minutes or till golden brown.

Serve with love!

Cheshire ham and cheese scones



It's raining "off with her head," and the Cheshire cat makes his usual queer entry only to be greeted with the queen's dismissal execution phrase for a little fault of his. However, the cat cannot be beheaded since he only has one head, and he is owned by the duchess. Why don't they share cheesy scones? How would she, when her temper gets the best of her always. Nevertheless, if you are looking to have a terrific afternoon, remember to include this in your next picnic.

Serving size: 6

Cooking time: 25 minutes

Ingredients

- 11/2 cups White flour

- ½ salt
- 1 tbsp. garlic powder
- ½ tbsp. baking powder
- 1 tbsp. sugar
- ½ cup buttermilk
- 1 cup Shredded cheddar cheese
- ½ cup Butter, unsalted
- ½ cup ham, diced
- 1 tbsp. chives, chopped

Instructions

Gather all the ingredients

Preheat the oven to 400 degrees and prepare your baking tray with parchment paper.

In a large bowl, mix the flour, salt, garlic powder, and butter. Rub the butter with the dry mixture to achieve fine bread crumbs.

Stir in the buttermilk, ham, chives, and grated cheese till you achieve a sturdy soft dough.

Sprinkle some flour on a hard surface and roll out the dough with a rolling pin.

Cut dough into round wedges using a doughnut cutter, and arrange them on your ready baking tray.

Bake for 20 minutes or till lightly tanned.

Serve immediately with love!

Zesty smoked mackerel fantasy



Since the cat belongs to the Duchess, Alice requests that the duchess be released from the queen's prison. With the duchess at the crochet ground, finding morals in everything around her, which seem to be her fancy, this angers the queen, and she dismisses her. What a queen, you will say. Why not cool off your hearts with fiber and calcium fantasy in this mackerel burst? Kids love the fishy tastiness.

Serving size: 4

Prep. time: 15 minutes

Ingredients

- 3 tsp. horseradish sauce
- 200g smoked mackerel. Boneless and skinless

- 1 tbsp. fresh lemon juice
- 1 tsp. lemon zest
- ½ tsp. black pepper
- A pinch of kosher salt
- 120g cheese cream

Instructions

Gather all the ingredients

In a clean medium bowl, combine all the ingredients. Take care to flake the mackerel with a fork, mix appropriately, and refrigerate for 10 minutes.

When ready, dish it out and serve with bread slices and lemon wedges.

Enjoy!

Turtle's frozen straw-lemony smoothie



With the dismissal of the Duchess, Alice meets the Gryphon and the mock turtle. All that the mock Turtle babble about is his former real self and is quickly interrupted by the Gryphon as their chance with the crochet game is set to begin. It seems like this would have been the best time to excite the taste buds with chilled lemonade, but no, they are off to the dance with Lobster Quadrille. Too much nonsense, but at least your kids are giggling, and you are smiling to yourself, reminiscing too.

Serving size: 3

Prep. Time: 7 minutes

Ingredients

- 1 cup water

- 1 cup strawberries, destemmed
- 1 cup fresh lemon juice
- 1 tbsp. lemon liquid stevia
- ½ tsp. salt
- 1 cup Swerve sweetener

Instructions

In your high-powered blender, combine the lemon liquid stevia, lemon juice, and water. Work it at high speed to a smooth consistency.

Stir in the strawberries and sweeteners and blend further.

Store in the refrigerator till you need it.

Serve with lemon and strawberries slices.

Enjoy!

Mayo-deviled eggs



After Alice's poor recitation while Mock Turtle and Gryphon dance, Gryphon drags her to the trial room. In the trial, the knave of the heart is standing trial for stealing the Queen's tart; in my thinking, this is simply the best time to serve everyone quick and delicious deviled eggs, but no, it is an annoying session of talking animals. For you, the park will be filled with kids and their parents or guardians as the courtroom here is filled with all kinds of animals, so feel free to share pockets of protein goodness.

Serving size: 5

Cooking time: 15 minutes

Ingredients

- 8 hardboiled eggs

- 2 tbsp. capers, chopped
- ½ cup mayonnaise
- A pinch of salt
- ½ tsp. cayenne pepper(optional)
- ½ tsp. oregano powder
- 2 tbsp. Dijon mustard

Instructions

Gather all the ingredients

Force to cool the boiled eggs before cracking them open.

Peel, rinse, and cut each egg in half.

Take out the yolk into a bowl and combine them with salt, oregano, pepper, mayo, capers, and mustard. Mix well till it is well incorporated.

Spoon mixture into the egg whites and serve.

Have fun.

Veggie-tangy chicken style



"Alice, you have no right to grow that much all of a sudden," dormouse yells at Alice while the trail progresses. But Alice retorts that his talk is nonsense as growth is continuous, and she can't control how much she grows. At this point, I am almost sure you giggled at dormouse's reaction to Alice's growth, but your kids have grown so big in the last three years. So, what would you celebrate the moment with other than some tasty chicken meal and be thankful for the controlled weight, adequate calcium, phosphorus, and minerals.

Serving size: 4

Cooking time: 20 minutes

Ingredients

- 2 ½ tsp. lemon zest
- 600g boneless chicken breast. Skinless and chopped into bold pieces.
- 3 tbsp. coconut oil
- ½ tsp. kosher salt
- 4 garlic cloves, finely minced
- 1 tsp. cayenne pepper
- 3 tsp. chopped oregano
- ½ cup chopped celery

Instructions

In a big clean bowl, toss in the chicken cubes and combine them with the salt, pepper, garlic, oregano, zest. Stir well to mix and stand the bowl in the refrigerator to marinate for 30 minutes.

Over medium heat, in a nonstick skillet, toss in the coconut oil and fry the chicken for 15 minutes, stirring occasionally till they cook through.

Sprinkle the celery now, and cook for 2 minutes and turn down the heat.

Dish into food warmers and take along.

Serve with joy!

The favorite picnic pack



Mad Hatter and other animals are among the witnesses invited to the witness box, but they think it good to frustrate the Judge, the king of heart, by giving indirect responses to the questions asked. Oh my God! What in the world of trials... you know, it is alright to have many vegetables in mind when planning for a picnic. Don't worry, here is how to pack your vegetable and ensure no one runs short of vitamin supply while sun-playing and bonding, sounds cool?

Serving size: 10

Prep. Time: 6 minutes

Instructions

- 2 cups Assorted veggies, you like

- 2 cups Various berries
- 1 cup Nutty granola
- 12 Arla cheese bars
- 2 cups Assorted crackers

Instructions

Get your sealable bag ready or board.

Stack them accordingly, as shown in the picture.

Pack your little mugs and spoons along for ease of serving, no plastic to avoid littering in the park.

Set out for your picnic and have fun!

Fruity-waffle kebabs



What do we have now? Alice is invited to testify, but doom is coming for everyone as she suddenly increased size causes her to accidentally knock off the jury box. That's it. Nothing can be taken again except that your kids can't keep still when they spot these attractive fruity kebabs. It's simple, tasty, and nutritive, don't forget to try your hands on these. You, too, will be pleased you did.

Serving size: 4

Cooking time: 5 minutes

Ingredients

- 1 pack of mini waffles
- 1 tbsp. honey or 1 tbsp. powdered sugar

- 2 cups Assorted fruits like kiwis, berries, etc.

Instructions

Wash and boldly slice the fruits.

Arrange the fruits and waffles on the skewer in succession.

Drizzle the honey or sugar over the waffle sticks.

Serve with love!

Easy tuna toast sandwich



Since sandwich is never going out of fashion, it wouldn't be wrong to wish they were one of the meals Alice grabbed along before getting lost in the land of wonder. With the animals in the witness displaced after the fall caused by Alice, the judge insist that they all be seated before the trial resumes, so much for a court case against the Queen's tart thief. Seeing that Alice has grown taller and bigger than everyone in the courtroom, the Queen cites Rule 42, which states that "person's more than a mile high must leave the courtroom." Well, your kids are not leaving the park/beach without eating, so make sure to hand them a memorable sandwich this time.

Serving size: 5

Cooking time: 15 minutes

Ingredients

- 4 large eggs
- 1 can tuna, drained, and set aside
- ½ tsp. salt
- ½ tsp. cayenne pepper
- ¼ tsp. black pepper (optional)
- 1 garlic clove, minced
- 1 tbsp. sunflower oil
- 1 tsp. oregano
- 1 green bell pepper, chopped
- 2 cherry tomatoes, chopped
- 1 big red onion, roundly sliced
- 7 slices of white bread, toasted

Instructions

Wash and crack the eggs into a large bowl.

Stir in the salt, peppers, oregano, garlic, and tuna. Mix well and set aside.

Over moderate heat in a nonstick saucepan, pour in the reserved oil along with some sunflower oil.

Place the chopped tomatoes around the pan and arrange the onions at the center.

After 2 minutes, flip each of the onions and tomatoes over to ensure both sides are well cooked.

Pour the egg mixture over it, cover with the pan's lid, and allow it to sauté for 5 minutes or till the center sets and it cooks through.

Turn off the heat and cut the wedges.

Place the wedges on your toasted slices, cover, and serve.

Yummy!

Smiley-yogy burst



Alice is ordered out of the court, but she refuses to go and stands up to the Queen, dismissing their prolonged proceedings as being ridiculous. Expectedly, this angers the Queen, and no one is smiling, but this smiley-yogy smoothie never means any harm on a hot afternoon. Since summer comes once every year, your kids and family should be beaming with smiles as you serve them every dish, especially this refreshing glass of healthiness.

Serving size: 5

Prep. Time: 6 minutes

Ingredients

- 3 bananas
- 2 cups Strawberry yogurt

- 1 cup Ice cubes
- 2 cups Milk
- 1 tbsp. chocolate chips
- 2 tbsp. chopped strawberries
- 1 tbsp. Cashew

Instructions

Wash, peel, and chop all fruits

Throw the bananas, milk, yogurt, and ice cubes into the blender.

Work it at high speed till smooth and creamy.

Pour into glasses, decorate with chopped strawberries, chocolate chips, and cashew.

Serve with joy!

Tasty soft pretzels



With the tension building up against Alice in the courtroom, Alice stands up boldly to the Queen, telling them it is not as though she stole the tart in the first place. This causes the Queen to believe that Alice is the culprit. What is heard next? “off with her head,” the Queen yells at Alice, directing the guard to drag her to execution. Whew! You could take a break now and allow yourselves some bits of soft pretzel if you made this simple recipe.

Serving size: 10

Cooking time: 35 minutes

Ingredients

- 3 cups All-purpose flour
- 1 cup warm water

- 2 tsp. instant dry yeast
- ½ tsp. salt
- 2 tbsp. butter, melted
- 1 tsp. brown sugar
- ½ tsp. baking soda
- 7 cups Cold water
- ½ tsp. vanilla extract
- Sea salt for sprinkling
- 5 tsp. white sugar

Instructions

Gather all the ingredients, preheat the oven to 420 degrees, and prepare.

Mix yeast with the warm water to activate it. After 1 minute, add the sugar, salt, and melted butter.

Gently fold in the flour and mix it with your wooden ladle or transfer the mixture to a stand mixer for a better mix.

When you have achieved a sturdy soft dough, transfer it to a lightly floured surface for kneading.

Knead for a while before placing it in a bowl, cover, and leave to stand for 10 minutes.

Preheat the oven to 450 degrees.

Return to the dough, roll it out on the surface, cut it into sections, and smoothen the body.

Fold both ends of each elongated dough and twist into pretzel shapes.

Make the soda wash

Add the baking soda to the 9 cups of boiling water and drop the shaped pretzels into it. Allow them to boil for 20 seconds before removing with a

slotted spatula from the soda solution.

Use the cooking spray on your baking tray before arranging the pretzels on them.

Sprinkle the salt over the pretzels and bake in the oven for 14 minutes or till lightly tanned.

Remove from the heat, allow cooling before serving.

Have fun!

Racy pasta salad



“You all are nothing but a bunch of cards,” Alice yells back at the Queen and everyone in the court. She announces to their amazement that she is not afraid of them, and there is an uproar in the court, and the guards are sent after Alice as she picks to her heels. Since the race is on, why don’t you try your hands on this easy and refreshing pasta salad? The kids will love pasta.

Serving size: 7

Cooking time: 20 minutes

Ingredients

- 1 pound assorted pasta, rotini, penne, etc.
- 3 cherry tomatoes, halved
- ½ cup Pepperoni, slivered

- 1 ½ cups mozzarella balls, finely chopped
- 2 cups Olives
- 1 cup Sliced scallions
- 2 cups Zucchini, sliced
- 1 ½ cups Grated parmesan cheese
- ½ cup Basil

For dressing

- 1 cup olive oil
- 1 tsp. oregano
- ½ tsp. salt
- ½ cup red wine vinegar
- fresh ground black pepper

Instructions

Boil the pasta according to package instructions and drain. Set aside for cooling.

Prepare the dressing.

In a big bowl, combine the wine, salt, oregano, pepper, and oil. Mix well to set.

Stir in the drained pasta, followed by the bell peppers, mozzarella, zucchini, olives, parmesan, basil, salt, and pepper. Taste for salt and pepper before adding more.

Mix well, and serve.

Refrigerate leftover for 4days.

Have fun!

Crunchy picnic chicken breast



What do you hate the most about a maze? It has got to be the impossibility of finding a way out. With the securities, queen, and other animals chasing Alice, a run in a maze is the most awful part of this adventure, something she will not forget in a while. Don't you just wish you could lend her a help? Well, since you can't, try your hands on this chicken handsomeness, the kids will adore it.

Serving size: 6

Cooking time: 15 minutes

Ingredients

- 3kg chicken breast
- ½ cup Milk

- 1 ½ tsp. kosher salt
- 3 large eggs, beaten
- 3 tbsp. coconut oil
- 2 ½ cups Flour
- 4 tbsp. Cajun seasoning
- 1 tsp. thyme
- 1 tsp. garlic powder

Instructions

Wash and cut the chicken into bold cubes.

Whisk the eggs with milk and set them aside.

In a bowl, combine the flour, seasoning, garlic powder, thyme, and salt. Mix well to set.

Toss the chicken into the milk mixture before transferring them into the flour mixture.

Cover the bowl, and shake till the chicken is all covered with the mixture.

Pour the oil into the nonstick skillet, heat it up before frying the chicken till golden brown.

Drain with a paper towel and serve.

Luscious!

Beety ricotta bites



After what seemed like an unending race, startled Alice wakes to the sound of her sister's voice. Wow! So, it was a dream the whole time? Alice wonders as she grabs her cat, sits up, and thinks about what and where she was coming from. It was indeed a wonderland, and beety ricotta fits so perfectly for a farewell meal. It is simple and tasty, just the way you and your family will love it.

Serving size: 6

Cooking time: 30 minutes

Ingredients

- 400g ricotta
- 10g butter
- 1 ½ bunches silver beet. Washed and sliced into strips

- ½ tsp. black pepper
- 150g Greek fetta
- ¼ tsp. ground nutmeg powder
- 1 large egg
- 3 puff pastry sheets

Instructions

Preheat oven to 300 degrees.

Cook the silver beet in water for 8 minutes before draining.

Melt the butter in a nonstick saucepan, stir in the onions, and fry till tanned.

In a large bowl, mix the cooked silver beet, ricotta, salt, onion, pepper, and nutmeg.

Grease your muffin pans with cooking spray.

Cut the pastry sheets into many circles, using a cutter and placing them on the muffin cups.

Spoon the mixture into the dough stuffed muffin cups.

Chop smaller circles from the pastry sheet to make circle lids for the muffin holes.

Place the circle pastry lids over the stuffed muffin holes, press well to seal.

Whisk the egg with a tablespoon of cold water, brush/glaze the pies with it.

Bake in the oven for 25 minutes or till it puffs and tanned.

Take them out and serve.

Enjoy!

Conclusion

Oh well, oh good, it's been such a wonderful ride around the kingdom of wonders, and Alice simply had her wishes come but with loads of challenges and victory in the end. So, you can also say that planning for a picnic this summer won't be challenging at all. Unlike Alice, you have been toured around the adventures of Alice while learning 30 fascinating picnic recipes.

Doesn't it feel good knowing you don't have to deal with boring sandwiches and basic juice, especially if you have picky eaters? With this variety, the whole family will be looking forward to more picnics, don't you like the sound of that? So, remember to go through the recipes all over again and prepare your hands for magical recipes.

So, if you like the way you reminisce about the adventures of Alice in Wonderland, you are welcome to revisit our website for more classic tales and recipes.

Do you have a happy summer!

Author's Afterthoughts

Merci!



The fact that you all have read this book means more than you know. However, I've seen how much feedback has helped me grow in the last few years. Those comments on things that I have unintentionally overlooked make me go back to the drawing board. I would love you to leave some feedback as well. This will be useful in making sure I churn out high-quality books for you all the time. Also, it doesn't hurt that your feedback will help guide those searching for the right book.

Thanks,

Ronny Emerson

About the Author

Ronny Emerson is mostly referred to as magic fingers. He has the unique ability to create the best dishes out of ordinary ingredients. This skilled culinary professional is recognized for his contributions to the creation of exceptional gastronomic delights. After he won his first cooking contest at 9, there was nowhere else to go but up. His father has always been his role model for cooking tasty dishes. It was under his tutelage that he grew to become the professional we know today.

Ronny travels around the world, where he samples different cuisine from diverse cultures. He cherishes the opportunity to enjoy the various flavors from these restaurants. With what he has learned on his travels, Ronny heads home to his base in New York, where he makes his unique recipes with a brilliant blend of these cultures. So far, he has found comfort in working for one of the top restaurants in the city as the executive chef. Ronny also loves to share what he comes up with in the kitchen.

